

Your baby is one!

Your baby's next checkup is due just after her first birthday. Bring her Lifetime Immunization Record card and Childhood Health Record booklet to every checkup.



Immunizations between 12 and 18 months

Immunizations can safely protect your baby from more diseases than ever before. Getting several vaccines at the same time strengthens your baby's immune system. Being immunized can help fight off other infections, too.

More than one dose of vaccine is often needed for the best protection against certain diseases. Talk with your doctor about which of the following vaccines your baby needs to be up-to-date:

- Hepatitis B (HepB)
- Diphtheria, tetanus, acellular pertussis (DTaP)
- *Haemophilus influenzae* type b (Hib)
- Inactivated poliovirus (IPV)
- Measles, mumps and rubella (MMR)
- Varicella (chickenpox)
- Pneumococcal conjugate vaccine (PCV)
- Influenza (flu) vaccine every fall
- Hepatitis A (HepA)

To comfort your baby during and after his immunizations, try the following:

- Bring his favorite toy or blanket with you.
- Hold him on your lap. Talk or sing with him.
- Breastfeed or bottle feed your baby.
- Put a cool, clean, wet washcloth over the sore area.
- Ask your doctor about when to give him medicine for pain or fever.

More comfort tips at: www.immunize.org/catg.d/p4015.pdf.

Your baby needs healthy foods every day

Your baby needs foods like fruits, vegetables, and grains such as bread, rice and cereal for growth and energy.

Offer foods high in protein and iron daily, like chopped meats, eggs, cooked beans, or tofu. Her stomach is small so she needs to eat healthy snacks between small meals.

Milk for one-year-olds

If you are breastfeeding, keep up the good work! Your breastmilk has the fat, protein, and other vitamins your baby needs for healthy growth and brain development. Nurse your baby at least four times a day. Talk to your doctor about a vitamin D supplement and adding other foods that are rich in vitamin D to your child's diet.

If your baby is formula-fed, it is recommended that she be switched to whole cow's milk. Whole cow's milk is a better source of fat and calcium for your growing baby. Vitamins, like vitamin D, are added to cow's milk to meet your baby's needs. Give your baby a total of four to six servings of whole milk daily. A serving is ½ cup or four ounces. More than that can make him too full to eat the other foods he needs. Wait until your baby is at least two years old to give him non-fat or low-fat milk.

If your baby has difficulty digesting cow's milk, talk to your doctor or nurse about other foods like calcium-fortified soy or rice milk, or tofu made with calcium that can give her the calcium she needs.

Mom: Pregnancy planning

A full-term pregnancy (at least 39 weeks) is best for the health of a baby's brain, lungs, eyes, ears, and organs. It's best to wait one year after giving birth before getting pregnant again. If your baby was born before 37 weeks, you are at a higher risk of it happening again. To find out ways to reduce that risk, visit www.doh.wa.gov/waitoneyear. To learn more about having a healthy pregnancy and to find a family planning provider near you, call the Family Health Hotline at 1-800-322-2 588 or visit www.parenthelp123.org.

Family Health Hotline
1.800.322.2588
711 (TTY relay)

Programs of WithinReach

www.ParentHelp123.org

•Immunization information •Child care referral agencies •Affordable health insurance •Food and nutrition assistance •Prenatal resources
•Family planning services •Local health clinics •Free screenings for developmental concerns •Breastfeeding information and support

Call the Family Health Hotline with questions about your Child Profile mailings.

Keeping Your Baby Healthy and Safe

Encourage your baby to explore safely

Never leave your baby to explore in a room alone. Always make sure there are safe places for her to play when you can't give her your full attention. If the room you are in is not baby-proofed, you can put her in a play seat (without wheels) or a playpen for a short period of time.



Check your home again to make sure it is safe for your baby to explore. Put dangerous or breakable things in a locked cabinet, or up high and out of reach. Do not expect her to leave these things alone just because you say "No!" Putting them away is easier and safer. Keep furniture away from windows so your baby cannot climb up and fall out. Window screens are not strong enough to hold her inside.

When you buy a toy, check to see what age child it is meant for. Your baby is not old enough for toys with small pieces or sharp edges. She will enjoy simple toys, like plastic cups in the bath or a large cardboard box to play in.

No screen time (TV, video, or computer) until age two

The American Academy of Pediatrics advises no screen time until at least age two. It may be tempting to turn on the TV or put in a video or DVD, and sit your baby in front of it. However, talking, singing, reading, and playing with your baby help his brain develop best.

Very young children can feel stress

Starting child care or changing child care providers can be hard for your baby. She may seem more needy, or not sleep or eat as well. It is normal for babies to miss people they have spent time with. She needs you to be patient with her. If you see a change in her behavior, try to think about what may have changed in her routine. Tell her she looks like she feels sad or upset. Comfort your baby and talk to her. Even though she may not be able to talk back to you, she will know that she can depend on you even though other things in her life might be hard or scary. For more help, call the Family Help Line at 1-800-932-4673.

Time for baby's first dental checkup

Your baby should see the dentist (or a doctor trained to check children's teeth) by age one. This visit is usually a short and simple exam with your baby on your lap. To find a dentist, call the Family Health Hotline at 1-800-322-2588 or the Washington Information Network at 211.

Keep your baby in his car seat

Keep your baby in the back seat of the car and buckled into his car seat. A car seat that is used correctly can save your baby's life and is required by law. Babies should sit rear-facing until they reach the weight OR height maximum for their car seat. For most babies, this will be after age two. You may want to turn your baby forward facing at age one, but it is five times safer for him to stay rear-facing as long as possible. This protects his head, neck, and spine from serious injury.

As your baby gets more active, he may not want to stay in his car seat. To help him be happier during the ride, give him soft toys, talk and sing to him.

Never leave babies or children in the car without an adult, even for a short time. It is very dangerous.

Lock up things that can poison your baby

Older babies and toddlers are curious. They learn to open containers (even ones that are child-resistant) and may eat things that will harm them, like:

- cleaning powders and liquids
- iron pills, vitamins, and medicines
- perfumes and mouthwash

Keep these kinds of things on a high shelf in a closet or cupboard with a door that locks.

If you think your child has been poisoned, stay calm and call the **Washington Poison Center** at **1-800-222-1222**. If your child is unconscious, having convulsions, or has trouble breathing **call 911**.

For information on poisons around the home and environmental toxins, visit www.wapc.org or call **1-800-222-1222**.

Prevent burns (scalds) from hot foods

Your baby can get burned by hot water, drinks, or food. Watch her closely in the kitchen.

- Keep pots, bowls, and cups away from the edge of the table or counter.
- Use the back burners and always turn pot handles toward the back of the stove.
- Avoid using tablecloths. Your baby could pull hot things off of the table and onto herself.
- Do not hold hot drinks when your baby is in your lap, you are carrying her, or she is in the stroller.

Contact the **Northwest Burn Foundation** for a free scald prevention kit:
1-888-662-8767, www.nwburn.org